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ABSTRACT

Young persons in their late teens have problems and concerns that are different from those of persons who are younger or older. This booklet recognizes this fact and discusses some aspects of American life that might be of particular interest to young people of Chinese origin. It gives information that will be helpful in making knowledgeable decisions in the context of U.S. society and culture. The information is arranged according to the following topics: (1) laws that affect young persons; (2) various categories of relationships; (3) different possibilities of living arrangements; (4) money; (5) educational opportunities; (6) careers and jobs; (7) alcohol and drugs; (8) coping with stress; and (9) information on where to get personal help and various written materials. The guide is printed in both English and Chinese to facilitate use by Americans and Chinese young adults who may be working together. (AMH)

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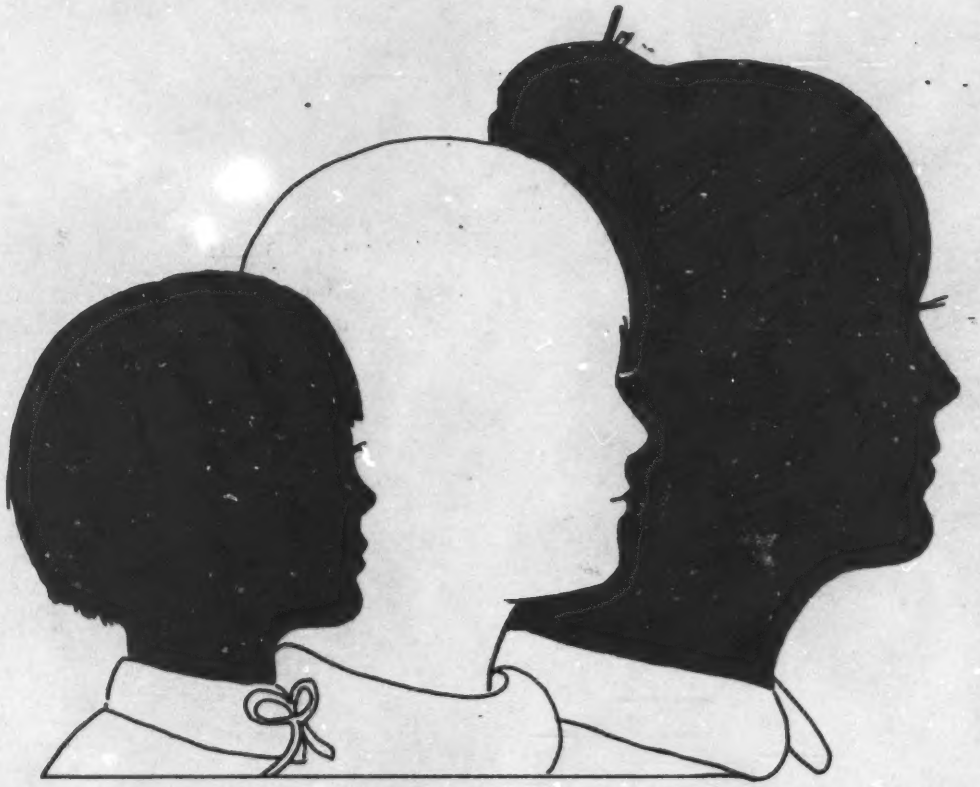
在美國的年青人



Young Adults in America

A Booklet for Refugees in their Late Teens

FL013 157

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備　註：

為方便美國人與華僑携手工作起見，本手册以中英文並列。原則上，中英文的主題是相同的，但辭句、語氣和結構略有不同，故其不能作直接中英文對照或當教科書使用。

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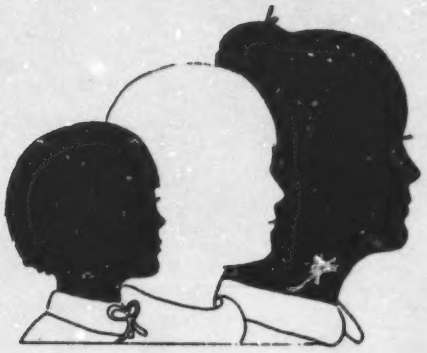
NOTE: This guide is printed in both English and Chinese to facilitate use by Americans and young Chinese adults who may be working together. The Chinese version is an adaptation of the English, not a direct translation, and the text of some sections my differ slightly. For this reason, the booklet should not be used as an aid in teaching or learning English.



序　言

一位十六歲的難民問他的擔保人〞你知不知道有什麼人像你一樣〝？擔保人並不了解他的問題。難民再加解釋〞像你可以瞭解我問的一些問題；我母親可以瞭解另一些問題；我的朋友又可以瞭解我另外一些問題。但沒有一個人可以真正瞭解我，因在我認識的人中沒有一個完全像我一樣。假使我還是生活在東南亞…〝。

十幾歲的年輕人—年紀從十六歲到二十歲—照美國人的看法是一段很難適應的時期。輔導人稱這一段時期為〞青少年期〝，有很多文章專門討論青少年們所遭遇的種種問題。

對美國年輕人來說，這是一段轉變的時期。他已經不是兒童了，因為他必須負擔新的責任和應有成熟的行為。但他也不算是成年人，因為他還未享有成年人所有的自由。如果他還不滿十八歲，他不能自己簽合約或選擇居住的地方，他的家人和這國家的一些法律可以阻止他作很多他自己認為對的決定。既不是成年人，又不是兒童，你很容易困惑於別人對你的期望，你甚至不知道對自己應有什麼樣的期望。

一個少年在成長期間所遭遇的另一種困難是他必須作一些影響自己以後生活的決定。是否上大學或去工作？是應該住家裏呢還是和朋友同住公寓？是否該結婚呢？

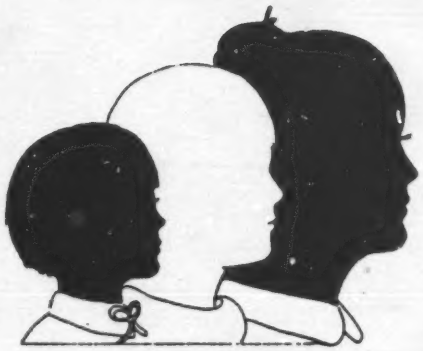
很多年輕人感到作這種決定是一項很大的責任；但也有人喜歡這種責任。然而，作這種決定是一項很重要的事，它必須經過很慎重的考慮。

你終於成為較自立了，這特性是美國人最重視的。你將有更多的機會作自己的決定，但別人也認定你能照顧自己。

青少年期是一段從兒童到成人必經的過程，這種轉變須要有毅力及變通性。

要想在一個新國家去適應青少年期

"Do you know anyone who is like you?" the 16-year-old refugee asked her sponsor, who did not understand the question. The refugee explained, "I can talk to you about some things, and you understand; I talk to my mother about others and she understands; my friends understand different parts of me. But nobody understands the whole me because everybody is different from me in some way. Maybe if I were still in Southeast Asia. . .."



Introduction

The late teens--16 through 20 years old--are considered by Americans to be a very difficult time of life. This is the latter part of the period that counselors call "adolescence," and a great deal has been written about the troubles experienced by people this age.

This is a time of change for a young adult. You are no longer a child, for you are expected to accept new responsibilities and be mature in behavior. Unlike an adult, however, some of your basic freedoms are limited, such as the right to sign a contract or decide where to live if you are under 18. Your family and some of the laws in this country can prevent you from making many of your own decisions. Neither an adult nor a child, you may easily be confused about what is expected of you--or even what to expect of yourself.

Another difficult change as you grow older is the need to make many decisions which may affect the rest of your life. Do you want to go to college or work? Should you live at home with your family or in an apartment with friends? Should you get married? Many young people feel a responsibility to make such decisions for themselves; in fact, many welcome this responsibility. Still, starting to make decisions is a serious task that warrants much thought and consideration.

Finally, you are becoming more independent, a trait Americans deeply value. You will have greater opportunity to make your own choices but will also be expected to take care of yourself.

Adolescence, then, is a demanding time of life in which one grows from a child into an adult. This transition requires a great deal of strength and flexibility.

The adjustment of adolescence is even more difficult for a young person in a new country. The change from being a child to an adult is demanding enough; to change from being a child in Southeast Asia to an adult in America creates additional problems. You know what is expected of adults in your own country. Are you as certain what will be expected of you in the United States or what you want in your own life?

Many young refugees express frustration in not knowing, "Am I Chinese or am I American?" The traditions you brought with you from your home country are probably still very important to you, but living in America may have influenced many other beliefs and values. You may, in fact, be both American and Chinese, adopting aspects of each culture. While this can be confusing, you may ultimately be able to mold the strengths of both nations into your own personal strengths. But this is not an easy process, and it adds to the uncertainty that can be such a painful part of adolescence.

The Purpose of This Booklet

You may be familiar with the book, *Your New Life in The United States*, which was written to help newly-arrived refugees better understand Americans and this country. Much of that book will be useful to you. Recognizing, however, that you as a young person may have some problems that differ from those of adults or young children, the authors of *Your New Life in The United States* have written this

，其困難必增加，從兒童轉變為成人已經很不容易；從一個生活在越南（東南亞）的兒童在美國轉變成成年人更有其困難。在你自己的國家，你知道別人對成年人所付與的期望。但在美國，你是否清楚別人對你的期望或你對自己的生活抱着什麼期望呢？

有很多年輕的難民對不知自己是美國人或中國人感到挫折。

你還是重視你本來國家所有的傳統，但因為生活在美國，你多少會受到當地人的信仰及價值觀的影响。你很可能會又是美國人又是中國人，採納兩國所擁有的文化精華。雖然起先可能會很困惑，但你終究可以融合，兩個文化的長處而成為你自己個人的優點。但這不是一項容易的過程，它必然會增加青少年期所遭遇的痛苦。

本書的目的

你可能對"在美國定居"這本書很熟悉，它是用來帮助剛抵達美國的難民能更加瞭解美國。該書對你可能很有帮助。由于體會到一個年青人所存的問題可能和兒童或成年人有所不同，編寫"在美國定居"的作者才寫出這本書來討論一些你可能有興趣的美國生活方式。

本書的用意不是討論個人的教育、生活及其有關的問題。

這些事情是你和你的家人應作的決定。我們希望能透過這本書提供足夠的知識讓你能作明智的決定。

這本書並且提供你一些美國人對不同生活方式的觀念，這種看法和你們所有的並沒有什麼好壞之分。但這些看法是不同的，能多瞭解他們的不同處（不管你是否同意美國人的看法）可以帮助你多瞭解自身的價值，以利於你作決定。

這本書也列舉一些對個人有所帮助的知識及說明如何索取更多不同的印刷資料。因為我們援助的對象包括所有在美國的難民，所以這些知識都是一般性的，但它可以帮助你如何在你的社區裏取得協助。

"決定"這字眼在這本書裏出現很多次，是因為青少年期是一個人開始作他（她）自己的決定的時期。我們希望從這本書裏所得來的知識，不僅可以帮助你們作明確的決定，更進一步的能使你們有一個美好的前途。

booklet to discuss some aspects of American life that may be of particular interest to you.

This booklet is not going to tell you what to do with your education, personal life or anything else. These are decisions for you and your family to make. We hope, instead, to give you more information so that you might be able to make more knowledgeable decisions. This will be done by giving you an American point of view of various aspects of life in this country. This perspective is no better or worse than that you experienced in your own country. It is *different*, however, and understanding some of these differences--whether you agree with them or not --may help you better understand your own values so you can make your own decisions more easily in addition to explaining how Americans are likely to react to those decisions.

Finally, this booklet will give you some information regarding how to get personal help and various written materials. Much of the information has to be general because we are writing for people all over the United States, but we can help you determine how to find assistance in your own community.

The word *decisions* has already appeared many times in this booklet. That is because adolescence is a time when you begin to make important decisions about your life. We hope that the information in this booklet will help you make wiser decisions that will enable you to have a more successful future.

對年青人有關的法律

將近一百年來，美國各州的政府頒發了一些法令來保護及管理兒童及青年們。這些法令的用意是授與政府機構權力去介入家庭事務，如果它是對年青人有幫助的或者是因有些父母不能或不願意照顧他們的子女。這些法令的設立是基於年輕的子女不能照顧自己，所以須有一位保護人。像每一州都有虐待孩童的法令去處罰屢屬傷害兒童的父母。為了安全的理由，生活在這種家庭的孩童，可能會被安排居住在別的地方。

有些法律也保障兒童們受免費教育的機會（一般到十六歲）限定兒童們所能做的工作，並接受防疫注射。

相對的，法律也限制年輕人不能有成年人所擁有的自由（當然年輕人也應該遵守大家所遵守的法律一像盜竊罪一如違反法律，是會得到懲罰的）。

下列四項是法律所特別強調有關年青人的行為：

1.身份：

未成年人家眷，通常一位年輕人如年紀未滿十八歲，照法律的規定是應該〞遵從父母親的合法和合理要求〝這條文是說雖然生活在美國，你還是應該尊敬並服從父母親。它並且說明如你逃離家庭（未得父母親同意即離開家庭）或拒絕服從父母（即不服從教養）、政府、警察及青少年法庭的官員們即可介入加以管教（青少年法庭是一種特別為青年人設立的法庭）。

很多地區對年青人也有宵禁。在晚上超過某一段時間後，除由父母陪同下之外，禁止年青人自己在外遊蕩。

2.烈酒和煙草：

對年青人可以喝酒的年齡，每一州有它自己的規定，年齡一般從18歲到21歲不等。如果你還不滿上述的年齡，購買、擁有或飲用含有酒精的飲料都是犯法的。有些州對煙草也有上述

For approximately 100 years, laws at all levels of government in the United States have been designed to both protect and govern children and young people. The belief behind many of these laws is that the government has a right to intervene in family matters if it is in the interest of the youth or if the parents are unable or unwilling to care for the child. This is based on the assumption that children cannot take care of themselves and therefore need an advocate to protect them. For example every state has child abuse laws which punish parents who severely harm their children. The children in such a home can even be taken from the family and given another place to live if there is sufficient reason to believe that they will be badly beaten or otherwise harmed if they remain with the family.

Other laws that protect children and youth include compulsory free education up to a given age (usually 16), restrictions on the kinds of jobs for which young people may be hired, and immunization requirements.

On the other hand, some laws restrict the rights of young people so that they do not have all the freedoms of adults. (Of course, young people must obey the laws that pertain to all people--laws against theft, for example--and can be punished for breaking these laws.)

There are four main areas in which laws specifically address the behavior of young people:

1. *Status.* A dependent minor, ordinarily someone under the age of 18, is required by law to "obey the lawful and reasonable requests of his parents." All this means is that American law expects young people to respect and obey their parents. It also means, however, that if a young person were to run away from home (leave his or her family without their permission) or refuse to obey his or her parents (called being ungovernable), the government could intervene and police and Juvenile Court officials would become involved. (The Juvenile Court is a special court designed for young people.)

Many areas also have curfews for young people. This means they cannot stay out at night after a certain time unless with their parents.

Laws that Affect You

2. *Alcohol and Tobacco.* Every state has a minimum drinking age, ranging from 18 to 21 years old. Someone younger than this age may not legally buy, possess or consume alcoholic beverages. Some states have similar age limits for the use of tobacco. Anyone who disobeys this law could be fined or in some way punished by the Juvenile Court.

3. *Business.* People under the age of 18 are restricted in the jobs they may accept and the hours they may work. They also may not sign a legal contract unless an adult also signs for them. These regulations are designed primarily to protect young people who may be more easily cheated by unfair business practices or put in an unsafe working situation.

4. *Marriage.* There are many laws that affect a young person's right to get married. Each state has a minimum age, often 18, for people to marry without their parents' permission. If the young people "run away" and marry below this age, the government can dissolve the marriage and force each person to return home. In fact, in some circumstances the man could be charged with kidnapping, particularly if the couple went to another state.

年齡的限制。如果你不遵守這些法律，你可能被處以罰款或被青少年法庭施以懲罰。

3.事業：

年青人未滿十八歲工作的種類及時間也被加以限制。他們不能簽定法律上的合約，除非有一位成年人也在合約上簽名。這些法令是用來保護年青人以防止他們受到不正當或不公平的欺騙或在不安全或不公平的環境下工作。

4.婚姻：

有很多法律對青少年的婚姻有影響。每州設有最低的合法年齡約束沒有徵得雙方家長同意的青少年男女，通常是十八歲，如青少年未滿此法定年齡，私奔或同居，政府有權解除此種形式的婚姻，並命令其各自回父母家。事實上，男方還常常因此受控訴與誘拐的罪名；特別是男女雙方共往他州時。

年青人在美國到底有那些權力呢？大致來說，你可以享有大家所擁有的受保護的權利。譬如，你因犯罪而被逮捕，少年可要求有一個公平的審判並請一位律師來代辯護，少年可享有一些按照他們的年齡而定的權利，但這些權利只適用於當父母親不能照顧你的時候。當你或你的父母親不能照顧你時，這些法令保障你能受到某些人的照顧。

如果你想知道更多有關年青人的權利和義務的資料或你想瞭解你那地區的法律（譬如喝酒的年齡），可打電話給警察局或青少年法庭。他們的電話號碼列在電話簿上。

What rights do young people have in the United States? In most respects, they have the same legal protection as anyone else. For example, if arrested for a crime, the young person would be entitled to a fair trial and representation by a lawyer. They also have some rights that are based on their age, most of which are important only if for some reason the parents are not able to take care of them. These rights insure that someone will take care of them if the family cannot.

If you want further information about your legal rights and responsibilities or would like to find out about laws in your community (such as the drinking age), call either the police department or the Juvenile Court; both numbers are in your phone book.

家人和朋友：親屬關係

在我們的一生，親戚朋友們對我們是很重要的。在青年期時，和我們有關係的人有家人、朋友或異性朋友等。在你成長後，這些原有的關係會有很大的轉變，你和他們之間的關係還是很重要的，但這些轉變不易了解並使人們不知如何和他們的家人及朋友相處。譬如，數年前你的好朋友，今可能和你已完全合不來了。

家　人

可能你已經瞭解，在美國的家庭生活是和東南亞的不一樣的。

當部分家人已經變得美國化了而其餘的家人還想保持其原有的傳統，這就會在家裏引起很大的壓力。雖然生活形式有所不同，但很多家庭還是能適應這些轉變並保持家人的親密，或比以前更親密。

另外一種影響家庭的轉變是，孩子的長成。在所有的國家，父母親和孩童或青少年的關係是不同的。還好，年青人是逐漸成熟的，這種緩慢的轉變使家人可以適應。但對一位難民，生活在一個新的國家會帶來太多改變，致使兒童成熟期似乎來得有點突然和具威脅性。譬如，當年輕的子女表示對約會有興趣時，父母親常感到憂慮。因為你生活在美國，並且你已經長大，在家裏你可能要擔當新的責任。這些責任可能類似於在你的國家裏人們所期望於你的，但其他的一些責任則對你來說可能是陌生的。你和家人間互相了解彼此的需要和如何能盡力互相幫助變得十分重要。有時你會發現過去的或美國的生活方式都不適合你，而你的家庭必須要找出一種折衷辦法來互相幫助，以適應新生活的各種困難。

定居在新的國家，有很多事情會導致一個家庭的破裂，這是難民們最大

Relationships

Throughout our lives, people are extremely important to us. During adolescence, however, the types of relationships Americans have--family, friends, and people of the opposite sex--change dramatically, reflecting changes in young people as they become adults. The relationships themselves are no less important, but the changes can be hard to understand and make people uncertain of how to get along with friends and family. For example, best friends from a few years ago may no longer have anything in common.

Family

As you have probably already learned, American family life tends to be very different from what you were used to in Southeast Asia. This has resulted in a great deal of stress for many refugee families, particularly when some members of the family become "Americanized" while others try to preserve their own traditions. But even though life in this country is different, many families are able to successfully adapt to the changes they experience while retaining their closeness to each other--or perhaps even becoming closer.

Another change in families occurs as children grow up. In all countries relationships are different between parents and young children and parents and adolescents. Fortunately, because maturing is a gradual process the change is slow and reasonably comfortable for everyone in the family. For a refugee, however, life in a new country brings about so many changes that the maturing of the children may seem abrupt and threatening. For example, many parents are frightened and concerned when their sons or daughters express an interest in dating.

Young refugees in the United States may be faced with new responsibilities within their families. Perhaps these are similar to those they would have expected in their own country; others may be new and strange. It then becomes important for the members of the family to understand what they need from each other and how to best help each other. Sometimes neither the Chinese nor the American way is right for them and family members must find their own way to support each other in the difficult process of adjusting to life in a new country.

There are many aspects of resettlement that can force families apart, which is one of the great tragedies of being a refugee. However, the family members truly need each other at this time and many successful families have not only survived resettlement but have become a much stronger, closer family for having survived it together.

Friends

Friends are a very important part of life during adolescence, and you can learn a lot about yourself and about your values by considering the people you have chosen as friends. Are they interested in school or in other things? Are they close to their families? What are their activities? Are your friends Americans, Chinese or both?

Dating

Relationships with members of the opposite sex are almost always extremely different from those in Southeast Asia because of the great cultural differences between the two countries. Even for

的悲劇之一。在這段時間，你和你的家庭最需要互相幫助，很多成功的家庭不僅能很圓滿的定居下來，並且因能在一起克服困難，而使得家庭更堅強、團結。

朋　友

你的朋友在你的生活中是佔有很重要的地位。從你交的朋友中觀察，你可以更了解你自己及自己的傳統道德價值，他們是對學校還是別的事情有興趣？他們是否很接近他們的家人？他們有那些活動？他們的朋友是美國人、中國人或兩者都有？

約　會

因為文化上的差異，你和異性朋友的關係可能和你在東南亞時大為不同。甚至有些美國人，約會也會帶來矛盾、害怕和遠離，因為這件事是涉及私人和感情。

在這國家，如你不知如何和異性相處，你應明瞭大部分美國人也有同樣的困惑，在這國家，青年們的約會是可接受的，並受鼓勵，但在二人之間可能發生的事情和甚至一個「可接受的約會」，可能包括何種活動，根本沒明文規定。

基於父母親的看法和青年人本身的成熟與否，美國人通常在十幾歲時開始約會。第一個約會中，通常都有伴護人，也就是有一位成年人在旁監護，父母親通常也會定下宵禁，使子女們在某段時間內一定要回家。集體約會也很平常，幾對年青人一起，參加學校的活動，不正式的聚會或晚宴，和電影。

當年青人長大了，獨自的約會（沒有另外的朋友或伴護人）變為較平常，宵禁的時間也相繼縮短，並且活動

Americans dating can be a source of great conflict, fear and confusion because it is so personal and emotional. If you feel confused about what is expected of relationships with members of the opposite sex in this country, try to understand that most Americans are equally confused. Dating between adolescents is generally accepted and even encouraged in this country, but beyond that there is little agreement regarding what should happen between the two people and even what activities an "acceptable date" might include.

Depending on the parents' values and the maturity of the individual youth, Americans usually start dating sometime in their early teens. At first, dates may be chaperoned, meaning that an adult is present to supervise the activity, and the parents establish a curfew, telling the son or daughter to be home by a specific time. Group dating is also common; several young couples go on a date together, typically to school functions, informal parties or dinners, or movies.

As the youth gets older, individual dating (without other couples or chaperones) is more common, the curfew is moved back and the range of activities is expanded to include more elaborate (and more expensive) activities such as "dinner dates," going to concerts, and formal dances. Adults generally do not approve of this kind of dating by their sons and daughters until they are somewhat older and have been dating for a few years.

It is generally safe to say that dating relationships become more intimate as you become older and more mature. A specific relationship also becomes more intimate as the two people know each other longer.

What does "intimacy" mean? While it is difficult to describe and is different for every person, intimacy includes closeness, feelings of deep concern for each other, enjoying each other, trusting each other, generally a very special feeling that they have together. Sometimes--not always--intimacy includes sexual activity.

You may have heard that Americans are more casual about sexual activity than people in your own country. This is probably true. For example, a young couple might have sexual relations even if they do not plan to get married. You may also have heard that all Americans (including people your own age) are very sexually active. This is most definitely *not* true. There is a wide range of sexual behavior among Americans of all ages, ranging from no activity at all to a great deal of activity with a large number of partners. It would be impossible to say what sexual activity is "typical" of Americans, just as it would be impossible to make a similar statement about the people in your own country.

Because of this range, it is dangerous to assume anything about another person's sexual behavior, including that person's possible interest in you. Many American practices can mislead refugees, so they make incorrect assumptions regarding others's intentions. For example, many refugees are confused by Americans' tendency to touch people of the opposite sex and avoidance of physical contact with people of the same sex. For an American of the opposite sex to touch you is just

範圍也擴大成較豪華（較昂貴）的，譬如晚餐聚會、音樂會和正式舞會。父母親通常不允許他們的子女有這種約會，除非他們已長大了或已經有幾年的約會經驗。

一般說來，當你長大並且成熟後，你和約會者間的關係將更為親密，你們認識的愈久，關係變愈親密。

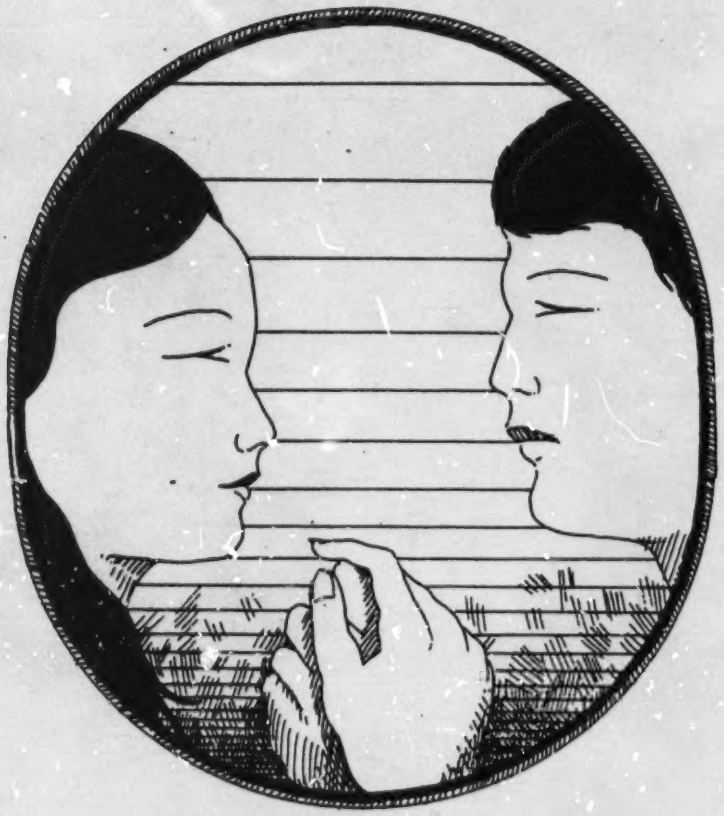
〝親密〞是什麼意思呢？它的實在意義就是寫一整本書也無法描述清楚。親密包括親近，互相關懷、欣賞、彼此信任，還有一種默契。有時親密也指肉體關係（但不完全是），你可能聽人說過比起你們來，美國人對性愛關係較為隨便，這可能是。你可能也聽過美國人（包括你這年紀的人）對性活動很有興趣，這絕對是不正確的。不同年紀的美國人生活中，有各種程度不等的性行為，從毫無性活動到和不同的伴侶，有很頻繁的性活動。要指出什麼是美國人典型的性活動是不可能的，就如同你無法對你的國人做同樣的分析一樣。

因為有這種差別，你不能假設別人對性的態度，也不能假設別人對你有興趣。

很多難民對美國人互相撫摸常感到迷惑，對美國人來說，撫摸異性，可能是一種性的表現也可能是一種友誼的表示，但撫摸同性可能被視為有同性戀的傾向。第一次約會時，男女走路互相牽手或摟肩是很平常的事，雖然兩人還不怎麼熟，互吻晚安也不是非尋常的事，美國人通常認為性的接觸應該是在兩人能進一步互相了解後逐漸發生的。如美國人在第一次約會時便吻你，這並不表示他馬上想和你發生進一步的性行為，或有再和你約會的意思。

很多人在強迫別人做他（他們）不樂意做的事時，常會惹上法律上的麻煩。在美國，這件事被認為是強暴，觸犯這件事的人可能要坐很多年的牢。這法律是用來保護人們使他們不致受到強迫而和他人發生性行為，這包括難民和年輕人。很多州，並有法律規定認可年齡。假使一個男孩或男人和低於這年齡的人發生性關係，他可能會坐牢。這認可年齡因州而異，但通常是十四歲。

個人對性的態度是你自己私人所必需的決定之一。這決定是基於你的家



as likely to be a gesture of friendship as a sexual advance, while touching someone of the same sex may be interpreted as a homosexual gesture. It is also very common for couples to hold hands or walk with their arms around each other on a first date, and a "goodnight kiss" is not unusual even for a couple who do not know each other intimately. Americans tend to view sexual involvement as being a gradual process that develops as two people get to know each other better. The fact that an American might kiss you the first time you date does not necessarily indicate an interest or willingness to engage in any further sexual activity at that time or even a desire to date you again.

Many people have gotten into serious legal trouble for forcing themselves sexually on someone who was not interested or willing. In the United States, this is considered rape, an offense for which one can go to prison for many years. This law protects all people from engaging in sexual activities against their will, including refugees and young people. Most states also have laws establishing the age of consent. If a boy or a man has sexual relations with someone under this age, he can go to jail. The age of consent varies from state to state.

The choice young people make regarding their sexual behavior is one of the most personal decisions they will ever make. It may affect the rest of their lives, including relationships with their families. That decision will be based on family background, personal values, religious beliefs, and the nature of relation-

庭背景、個人價值觀、宗教信仰和對異性朋友的要求。希望你所作的決定能考慮到你的男朋友或女朋友的需求和期望，並希望這是一個共同的決定

假如你決定想從事性行為，知道有懷孕和染上性病的可能，並瞭解預防的方法是很重要的，有關這方面的資料可以從你的醫生、地方衛生機構、家庭計劃中心或本中心得到。關於這方面詢問你的朋友，可能不是一個好主意，因為他們可能並不清楚這方面的事情。

如果你能互相照顧互相關懷，你的約會關係正如同別的關係一樣，是會很成功的。這種美國式的生活，是完全和東南亞的不一樣的，它可以使你在美國的生活充滿樂趣並得到益處，它可能不如想像中的令人迷惑和害怕

ships with people of the opposite sex. Ideally, the decision includes consideration of the needs and wishes of the boyfriend or girlfriend,and the decision will be a mutual one.

Any person who decides to engage in sexual behavior should understand the possibilities of pregnancy and venereal disease and how to prevent them. Information can be obtained on these subjects from a doctor, a local health department or a Planned Parenthood office. Materials in your own language are available from the Language and Orientation Resource Center. In addition, some schools have sex education classes in which you will learn more about these topics. It may not be a good idea to rely on information received from friends, who might be less informed than they appear.

Dating relationships, like all other relationships, can be most successful if each person is concerned with the well-being of the other and they try to take good care of each other. This aspect of American life, so different from life in Southeast Asia, can then become rewarding and enjoyable, as confusing and frightening as it may now seem.

住處的安排

當美國的年青人長大後，因金錢、家庭和個人的因素，在居住方面常有很多的選擇。這段落簡單的提到一些在這國家，居住所應注意的事項：

和家人住在一起

在你的國家裏，年輕人成長後仍和家人住在一起是很平常的。在美國，二十歲左右或更大的年青人還住在家裏的，也漸漸變多了。基於經濟和情感上能互相幫助的理由，很多人都如此做，這種幫助對難民更為重要，因為在家裏，年青人感覺較熟悉和適意，如家中只有一位父親或母親在，更應該有一位年長的年輕人住在家裏以幫助處理家務，並負擔一部分家中的開支，以幫助年幼的弟妹。

和朋友住在一起

和一個或幾個朋友同住在一起，開銷比自己一個人住節省，並且青年朋友們可以在精神上互相幫助。很多美國人喜歡和朋友住在一起，因為充滿樂趣並且可以學到和人相處之道。

自己獨自居住

有些人比較喜歡獨居的自立和隱私權。有人則認為這是一種很重要的成長經驗。當然，它的主要缺點是可能要花費很多的錢來維持你的公寓。此外，很多人發現獨自居住十分孤單，尤其是對於那些來自一個大家庭的人而言。

夫妻同住或和異性朋友同住

雖然在年紀輕就結婚的夫婦，他們的離婚率比年紀大才結婚的人高，但很多人還是有美滿的婚姻。

男女朋友分租同住在這國家變得十

Living Arrangements

Young Americans have a wide range of alternatives available to them regarding where and with whom they live as they get older, depending on financial, family and personal factors. This section will briefly mention some of the living arrangements common in this country.

Living With Your Own Family

For young people to continue to live with their families as they approach adulthood is a common practice in most countries. It is also becoming increasingly common in the United States for people in their early 20's or even older to remain "at home." Some people choose to do so for economic reasons; others stay with their families to provide mutual emotional support. Such support can be particularly important to refugee families because it is more culturally familiar and acceptable for the youth to remain at home. If only one parent is in the home, it may be important for an older youth to remain with that parent and help with household duties: paying some expenses, helping with younger children, etc.

Living with Friends

Living with one or more friends is less expensive than living alone and can enable the young people to support each other emotionally. Many Americans are attracted to living with roommates because it can be fun in addition to being a learning experience.

Living Alone

Some people prefer the privacy and independence of living alone. Others feel it is an important growing experience. A major disadvantage, of course, is that maintaining an apartment can be expensive. In addition, many find this to be a lonely way of life, particularly if they come from large families.

Living with A Spouse or Friend of the Opposite Sex

Although people who get married at a young age are more likely than older couples to get divorced, many such marriages are quite successful. Some refugees as well as Americans choose to get married at a younger age than the "average" American.

It is becoming more common in this country for a boyfriend and girlfriend to share an apartment. "Living together," however, is still not fully accepted, particularly in some parts of the country, and families often do not approve. It is, however, the legal right of people over 18 to live together if they so desire and are willing to face the family and social problems that might result.

Choosing an apartment can be complicated and requires a great deal of time, effort and consideration. For more information, see *Your New Life in the United States* or talk to friends and others in your community with experience in apartment-hunting.

分流行。但"男女同居一起"還是有很多人不能完全接受，尤其在某些保守地區，並且家人也常常不贊同。年輕人如果超過十八歲，並且願意解決可能產生的家庭和社會問題，則同居一起是合法的。

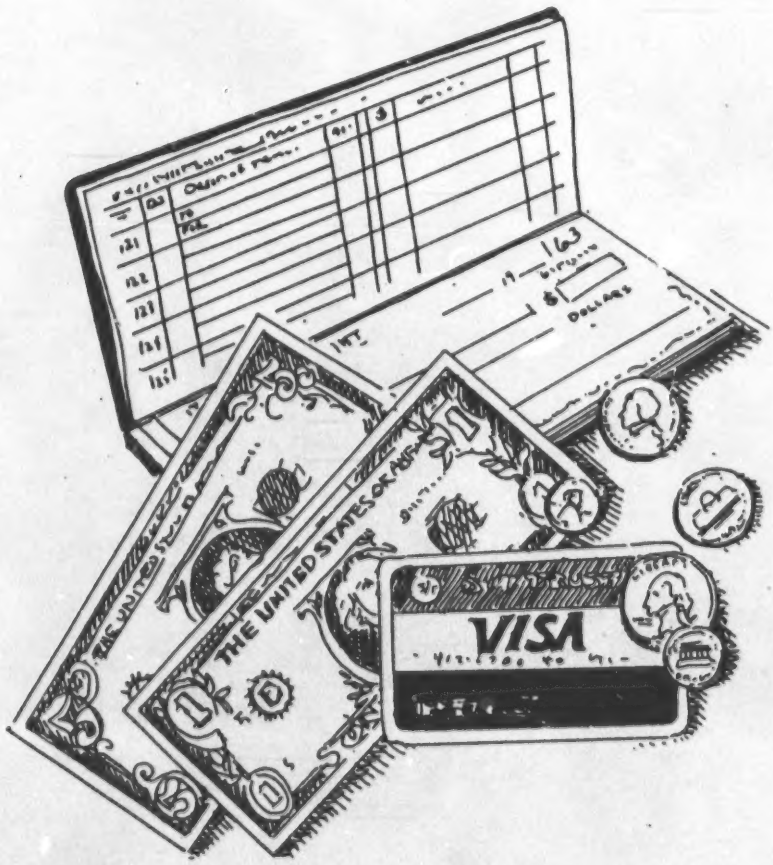
選擇居住的公寓有時十分麻煩，常需要很多時間、精力和考慮。如想多找點資料，可立看「在美國定居」這本書，或從有在當地找公寓經驗的朋友處打聽。

金　錢

〝我的父親到美國來是因為他聽說美國的街道上鋪滿了金子。當他來到美國，他發現很多街道都還沒鋪呢！過了一段時間，他發現唯一可做的事是鋪路〞。

正如這位移民的父親所學到的，這個國家並不能保證人人有財富，尤其是一位，既不能說英文又沒有工作經驗的新難民，學習如何處理金錢、預算及在銀行開戶頭（戶口）是十分重要的。

如需要這方面或其他財政方面的資料，可參考在「美國定居」生活第八篇「財政和消費者教育」。



Money

"My father came to the United States because he heard that the streets were paved with gold. When he arrived, he found out they weren't even paved! After a while he learned that the only job he could find was paving streets."

As this immigrant's father learned, there is no guarantee of wealth in this country, particularly for a newly-arrived refugee who does not yet speak English or have applicable work experience. It is therefore important to learn how to handle money, use a budget, start bank accounts etc. For more information on these and other financial subjects, read Chapter 8, "Finances and Consumer Education," in *Your New Life in the United States*.

教　育

很多其國人完成高中教育，而很多年青的難民也都高中畢業。假如你也是其中之一，你不僅要決定是否繼續學業（代替做全工），並要決定受何種教育或在何處受教育。你的決定是基於個人和職業上的目標，工作和教育的背景，和個人的專長。此外，受高等教育所費十分昂貴，所以金錢，也是一項值得考慮的主要因素。

受教育的機會是因各個社區和時間而不同。所以要列舉在你社區裏所有可上的學校和課程是不可能的。在此，僅討論高等教育的種類，包括如何進一步的得到你社區裏的學校和課程的資料。

上半天的課

假如你不能或不願意選修全天的課程，很多社區的學校在晚上或週末提供課程，使你能選修一些課程而不致和你工作時間衝突，這種課程是由社區高中、職業學校、學院或大學所提供，有些課程還是特別為難民所設立。有時這些課程是很便宜或免費的。你可以從學校、難民安置中心、或中學輔導員得到更多的資料。

職業學校

很多難民高中畢業後選擇上職業學校。這些課程可能只需要一或二年的學習，並且有時替你為求高薪的職業而作準備。這些學校有時稱作"技術學院"。要知道有那些學校可上，你可詢問中學輔導員，從電話簿裏尋找，或詢問你社區裏的職業服務機構。

在職訓練

有時你可找到一個助理的職務並得到特別技術的訓練。這是一個很好的機會，因為你既拿薪水又接受訓練，但這種職務不太常有而且十分難找。

Education

Most Americans complete high school and many young refugees will also graduate. If you are one of the many young refugees who will graduate from high school, you will face not only the decision of whether to continue education (instead of working full-time) but also what kind of education to pursue and where it might be available. Your decision will be based on your personal and professional goals, work and educational background, and any special skills you have. In addition, college education can be very expensive, so finances may be an important consideration.

Educational opportunities vary from community to community and from time to time. It is therefore impossible to specifically describe in this booklet the schools and programs available in your community. Instead, types of postgraduate education are discussed, including how to get further information regarding schools and programs in your area.

Part-time Classes

For those who can't afford or don't want to attend school full-time, many communities have programs which permit the student to take classes in the evening or some other time that will allow sufficient time for work. Such programs may be sponsored by community high schools, vocational colleges, or academic colleges and universities, and may include classes designed specifically for refugees. Some of these classes are inexpensive or even free. You can find out more about the programs in your community from the schools, resettlement office (VOLAG) or from your high school counselor.

Trade School

Many young people choose to attend trade school after they complete high school. Programs may only require one or two years' study and sometimes prepare the student for high-paying jobs. They are sometimes called "Technical Colleges." You can find out what is available in your area by talking to a high school counselor, looking in the phone book, or asking at the Job Service office in your community.

On-the-Job Training

Sometimes you can get a job in which you are hired as an assistant and receive training in specific skills. This can be an excellent opportunity because you receive pay while you are being trained, but such jobs are unusual and may be very hard to find. Your Job Service office may have information on any on-the-job training available in your community.

College or University

Americans who have been successful in high school and are interested in more extensive academic or professional training usually consider going to college. An advantage of a college or university education is that the student can learn a great deal about the history and culture of the United States as well as training for a specific job. This increased knowledge of the U.S. can help a refugee adapt to this country more easily and successfully. Depending on the field you choose, you could be required to study full-time from two to nine years in college before receiving the degree required for that field. The most common degrees are: Associate of the Arts (A.A.), two years; Bachelor of Science or Bachelor of Arts

你社區裏的職業服務機構可找到這些在職訓練的資料。

學院或大學

假如你在中學裏成績很好並且對更高深或專門的學術或職業訓練有興趣，你可能想到要上大學。受大學教育的好處是可學到美國的歷史和文化，並可受到專門職業訓練，而且由於你對美國有進一步的了解，使你更容易、更成功的適應這個國家。那要看你選擇的學術界而定，你可能需要修讀全科兩年至九年來取得學位。最普通的學位是：

——（學士前的）兩年的學院，學位——學士學位——四年。

——碩士——學士後兩年。

——哲學博士——碩士後三至五年。

受大學或學院教育的費用差別很大，從只需幾佰元到有些學校光是學費就需要幾仟元一年。有時你可以得到獎學金、助學金或學生貸款的幫助，但每一個學生至少也要付上一部份費用，所以你可能要到處查詢以後再決定申請那所學校。

因為目前美國每年有很多大學生畢業，所以你必須了解有了大學的學位，並不保證你能找到一份好的工作，尤其是某些學科。事實上，有些大學畢業生不能在本行內找到工作，而必須找其他工作，在大學裏，你可學到很多事情和培養個人的情懷，但它並不直接對事業的昇遷有好處。

你學校裏的輔導員能幫助你決定是否上大學，並且決定是馬上進入還是應該再等幾年，他還可以幫助你解決申請入學的各種複雜手續。你可以寫信或打電話給學校的入學辦事處以取得各種資料，你也可以到附近大學的圖書館裏，取得全國各地大學的資料。一些公共圖書館裏有全美各大學的目錄。

(B.S. or B.A.), four years; Master of Science or Master of Arts (M.S. or M.A.), one or two years after the B.S. or B.A.; and Doctor of Philosophy (Ph. D.), three to five years after the M.S. or M.A.

The expense of a college or university education varies dramatically, ranging from only a few hundred dollars to as much as $9,000 a year for tuition alone. Sometimes assistance through scholarships, grants or loans is available, but nearly all students must bear at least some of the expense themselves. You therefore may want to look around before deciding which schools to apply to.

Because there are now many college graduates in the United States, it is important to know that a college degree does not guarantee the student a good job, particularly in some fields. In fact, some graduates are unable to find jobs in their fields at all and must seek other types of work. They may still have learned a great deal and have developed personally from college, but it does not always directly lead to career advancement.

Your school counselor can help you determine if attending college is the right choice for you and if you should enter immediately or wait a few years. He or she can also help you with the complicated process of applying for admission. Information about specific schools can be obtained by writing or calling the Admissions Office of that school. You can also learn about specific schools around the country by going to the library of a college or university close to you. The library will have catalogs from different schools across the country. Some local public libraries also have college catalogs available.

職業及工作

一位十八歲的名字叫海的難民，他在學校裏功課很好，並且決定高中畢業後上大學。

根據各種理由他可以達成他的目標成為一位醫生，但當他在暑假想找一份工作時，馬上感到灰心。

他在挫折中表示，我到那裏可以找到一份用腦力並可以學習，新的技能而不光用雙手出賣勞力的工作？他最後只能接受他所可以找到的工作，在學校裏擔任助理清潔員。他儲存所賺得的薪水，在秋季得以進入大學。

海的故事對年輕的難民和美國人是十分熟悉的。大致上，當一個人只有很少的工作經驗是很難找到他所要或他所喜歡的工作。這種情形很使人失望及灰心，但大多數人，不論任何年紀及種族，基於需要，只有去做他們所不喜歡的工作。

假使高中畢業後你不想再唸書，你可以找到什麼樣的事情？當然，第一個問題是你可以賺多少錢？多數情形下，答案是不很多，目前最低工資三元三毛五一小時或一個月全工職約四佰五十元一個月是最常有的，這數目還未扣除稅額。你是應該找一個付得較多的工作，但很可能這種工作在最初時找不到。

雖然你找不到一個你喜歡的或付得

Careers and Jobs

An 18-year-old refugee named Hai was doing very well in school and planned to go to college after graduating from high school. He hoped to become a doctor, and there was every reason to believe he could achieve this goal. When looking for a summer job, he quickly became discouraged. "Where can I find a job where I use my mind instead of my hands and can learn?" he asked in frustration. He instead took the only job he could find as an assistant janitor in a school. Using his salary, he was able to save money to attend the university in the fall.

Hai's story is familiar not only to young refugees but to many young Americans as well. In most cases, it is unlikely that someone with little work experience will be able to get exactly the job he or she wants or even likes. It can be frustrating and discouraging, but many people of all ages and ethnicities have simply out of necessity had to take jobs they don't like.

If you are not going to pursue an education after high school what can you hope for in a job? The first question, of course, is how much money you will earn. In most cases, the answer will be "not very much"; often the worker is only paid the minimum wage, which is currently $3.35/hour or about $580/month. Of course, people look for better-paying jobs, but there is a possibility that they will not be able to find one at first.

Even jobs that are unpleasant or do not pay very well can be of value to the young worker. Previous work experience is one of the first questions asked of someone who is being considered for a job. To have worked in this country and received a positive recommendation are valuable to the refugee who is looking for a better job. In addition, something can be learned from virtually any job, no matter how menial it might be.

Careers and Jobs

Sometimes an entry-level job can provide a good start towards something better. Does the worker learn on the job or receive training that will later enable him or her to get a better job? Does the company sometimes promote good entry-level workers into better, high-paying jobs? These are important considerations when deciding what jobs to pursue.

Still, the fact remains that young people often have to accept jobs that do not pay well and that they do not enjoy. Many Americans find it necessary to work at such jobs for a few years until they can create better opportunities for themselves. As discouraging as this thought may be, it might be of some consolation to remember that an advantage of being young is that you have many years ahead of you to pursue such opportunities, and it is quite possible that you will spend most of your working life--whether in the United States or in another country--in a job that you like.

多的工作，但在這國家找到一個工作，事實上是對你很有幫助的。當你被考慮獲應徵時，過去的工作經驗是被提起的問題之一。在這國家有工作經驗及好的推荐書可以帮助你找到較好的工作。除此，不管那工作是多低賤，你還是可以從工作裏學到一些東西。

有時，一些基層的或入門的工作能使你有一個好的開始，以便能獲得較好的工作。你能否能學得新的技巧，以備將來獲得好的工作？公司是否能培植低層工作人員以從事好的、賺得多的工作，當你決定工作時，這些都是應該考慮的重要問題。

實際上，你還是需要接受一個你不喜歡而又付得少的工作，像許多美國人一樣，你可能必須做這種工作幾年，等到你能得到較好的工作機會，雖然想起來會令人灰心，但令人安慰的事是你還年青，你還有多年的機會去實現理想和擔任你喜歡的工作；不管是在美國還是在另一個國家。

MENU

烈酒和藥物（毒品）

大部份美國青年皆會接觸到烈酒和藥物。很多青年均有飲用，更有不少人濫用烈酒或藥物以致造成身心受到損害的悲劇。這種濫用如今已成為美國的一種風氣，不少人致力於教育年輕人認識這些藥物，並為戒除其惡癮而努力。

一般美國青少年使用藥物和烈酒有很多原因，其中包括：

1.成年人的使用：飲酒在美國是一件十分平常的事，很多年輕人以為父母們可飲用，他們為何不能？

2.娛樂：使用藥物和烈酒作娛樂，也是十分普遍的，很多青年發覺消遣飲用這些是人生一大享受。

3.同輩的壓力：（面子的問題）有時，年輕人受朋友的影响；如每一個參加派對的人，皆飲用烈酒或藥物，其餘的人亦不想與衆不同，跟着大家而照作，若就我一人辦不到，多難看！在這種情形下勉為其難。

4.好奇心：聽說很多關于藥物（毒品），如大麻的奧妙，被好奇心的驅使，有些便想親嚐其滋味。

5.減少緊張壓力：很多人——不論成年或未成年，消極地使用這些藥物作為逃避現實壓力的方法。

在美國，青少年使用藥物和烈酒是非法的。未屆認可的年齡（十八和二十一歲之間視州法律而定），青少年不准飲用烈酒，至於其他藥物（毒品）如大麻、麻醉藥注射、海洛英（白鴉）、古柯鹼和其他麻醉毒品等則是違禁品，不論任何年齡的人使用均被視為犯法。雖然對青少年飲用烈酒的懲罰通常較輕，但如非法使用其他毒品，其懲罰將不獲從輕發落。

一切藥物（包括烈酒在內），對健康均有危險，危險的程度是要看飲用的份量而定。此外，有些人為了要尋

Alcohol and Drugs

Most young people in America are exposed to alcohol and drugs. Many young people use them, and a tragically large number abuse drugs or alcohol to the extent that they are physically or emotionnally harmed by them. This abuse is seen as being a major problem in the United States, and extensive efforts have taken place to educate young people regarding these substances and to attempt to discourage use.

American youth use drugs and alcohol for many reasons, including:

Adult use. Drinking is very common in the United States, and many young people conclude that if their parents do it, why can't they?

Recreation. Drug and alcohol use for pleasure is also common; many young people finding they enjoy using them.

Peer pressure. Sometimes young people are influenced by their friends; if every one else at a party is using a drug or alcohol, the other may not want to be the only one who does not use it.

Curiosity. Having heard a great deal about drugs such as marijuana, some people want to find out about it for themselves.

Reduce stress. Many people--young people and adults alike--use these substances as an escape from the pressures of life.

The fact that drug and alcohol use by young people is not accepted in the United States is reflected in the laws prohibiting their use. Alcohol use is illegal for people under a given age (between 18 and 21, depending on the state), while the commonly used drugs--marijuana, "speed," "downers," cocaine, narcotics and others--are illegal for everyone regardless of age. You can be arrested for the use of these drugs, although penalties for drinking alcohol or smoking marijuana are usually less severe and in most cases involve a fine--perhaps $25 to $50--rather than a jail sentence.

All drugs, including alcohol, present health hazards, although the amount of danger depends on the drug and extent of use. In addition, inhaling substances such as glue, gasoline, or paint, as some people do to "get high," is known to cause serious damage to the brain, liver and kidneys and can be fatal. More extensive information on the risks of drug and alcohol use can be obtained from your school or local health department.

Alcohol abuse is a major social problem in the United States because of the family breakdown that often results when a family member drinks too much. In addition, 50% of the automobile fatalities in the United States result from people driving after they have been drinking. This is an extremely dangerous practice because people drive very poorly after they drink. Even if there is not an accident, many states suspend the driver's license of anyone who is caught driving under the influence of alcohol.

Another problem with drug use is that the users cannot usually be certain of the quality of what they are taking. Because drugs are illegal, people who sell them are free to distribute a drug that is of poor quality or is not even what they say it is. For example, PCP, an extremely dangerous drug, is sometimes sold as cocaine, which is much more expensive. Buying or accepting any drug from a stranger is therefore dangerous.

求飄飄欲仙的感覺，吸食雜質如膠糊、汽油、或油漆，致造成腦、肝和腎部損壞和有時甚至造成死亡。有關飲用烈酒和藥物危險的資料，可在你的學校或地方健康診療所詢問。

烈酒飲用是美國的社會問題之一，常因有人酗酒而致家庭破裂。此外，百分之五十的車禍死亡事件是因酒後駕駛而造成的。喝酒後神志不清時駕駛是十分危險的。如被發現駕駛人在酒精或藥物影响下駕駛，即使沒有造成車禍，其駕駛證也會被暫時吊銷。

吸食藥物的另一種問題是用家無法確定藥物的品質。由于毒品藥物是違禁品，故非法販賣者能自由兜售品質惡劣的毒品，或甚至非他們所保證的純品真貨。例如 PCP 毒品較古柯鹼便宜常作古柯鹼出售，是一種極度危險的藥物。因此從陌生者購買或接受任何藥物是危險的。

年青人常因飲食父母不同意的烈酒或藥物而造成嚴重家庭糾紛。這種糾紛能導致家庭分裂和其他問題。這些後果比飲用烈酒或藥物所危害者更大

故徹底認識使用烈酒和藥物的後果是十分重要的，這些東西在美國接觸你或引誘你的機會比在東南亞的還多，小心防犯，切勿誤入歧途以致自毀一生美好光明的前途。

Finally, drug and alcohol use have created serious family problems in the United States as youth use drugs that their parents do not approve of. This can lead to alienation and other problems among family members that can be even more serious than drug or alcohol use itself.

It is very important, then, that you have a thorough understanding of the effects of drug and alcohol use. You will have many more opportunities to obtain these substances in the United States than you did in Southeast Asia and you will be much safer if you have an accurate understanding of the risks involved.

適應壓力

在這本書裏，我們一直提到年青難民在美國所遭遇的困難，現在進一步的來討論壓力及如何來排除壓力。

壓力是一種緊張和憂慮的感覺，它一般是由於工作過勞，過於憂慮，繁忙及負擔太多的責任而引起的。個人感覺壓力太大，會導致不能安睡，沒有胃口，一直感到不愉快，不能集中心志並對未來感到沒有希望。生理上的病症，譬如頭痛，也可顯示一個人受到壓力。

雖然每一個人在不同的時間多少會感受一些壓力，但對年青的難民來說這是一項很嚴重的問題。假如不能妥善的處理，壓力會導致生理和心理上的疾病。

第一個問題你應該問自己的是當你在東南亞時是如何處理這些壓力呢？當你年青時，有些活動可以幫助你解除壓力，現在這些活動對你可能還是有效的。

娛樂和嗜好也對消除壓力有幫助。一位難民憂慮賺不夠錢，生活沒有保障，所以找了兩份工作，並且一星期工作八十個小時。他開始感受到很大的壓力，並對金錢更加憂慮。經過一段時間後，他辭了一份工作，並發覺有了休閒時間，使他感覺好多了，並且不再那麼憂慮。

娛樂自己並找尋自己的嗜好是很重要的。這不能說你懶惰，反過來說，它表示你能照顧自己，使你讀書或工作時更有效率，因為娛樂可以消除你所受的壓力。

最好的消除壓力的辦法是透過別人的幫忙，家人、朋友、同事或別的人都可以造成很大的分別。雖然你不想和朋友談及你所憂慮的事，和朋友在一起可以幫助你放鬆心情並暫時忘記你的憂慮，這是消除壓力的一種很重

Coping with Stress

Throughout this book we have discussed the difficulties of being a young refugee in the United States. It is important, then, to discuss stress and what you can do about it.

Stress is a feeling of nervousness and anxiety that results from overwork, too much worrying, too much pressure, facing too many responsibililties, etc. A person who is feeling stress may have trouble concentrating and feel there is not hope for the future. Physical problems, such as headaches, can also indicate stress.

While everyone feels some amount of stress at various times, it is a serious problem for many young refugees. If not dealt with properly, stress can lead to serious physical and emotional problems.

So how can a person cope with stress?

The first question is how that person would have dealt with stress experienced in Southeast Asia. It may be that the same activities that helped then will continue to help in America.

Relaxation and hobbies can also help. One refugee was so worried about not having enough money that he got a second job and worked 80 hours every week. He started to experience a great deal of stress, however, and worried even more about money. After a while he quit one of his jobs, discovering that the leisure time made him feel much better. He also worried less.

It is important to relax sometimes and pursue hobbies. This does not mean that anyone should be lazy; instead, it means taking good care of one's self in order to study and work more efficiently; recreation helps reduce stress.

The way most people cope with stress is through the help of others; family, friends, co-workers and others can make a great difference. It is not even always necessary to talk about problems, for time spent with other people can help one relax and forget worries for a time--a very important way to overcome stress. If the stress continues, however, it may be necessary to see a doctor.

Work, school and family responsibilities are very important in this time of life, but so is emotional and physical well-being. By taking some time to relax and pursue hobbies and recreational activities, people are much more able to succeed in school and other areas of life. Take good care of yourself!

要的方法。如壓力依毫沒有減少或更增加，這時，你應請教醫生。

工作、學校和家庭的責任在你這段生活裏十分重要，但你生理和心理的健康也十分重要，找些時間娛樂並找尋自己的嗜好，做些消遣活動，可以使你在學校裏和其他生活方面更為成功，多多照顧你自己！

本書討論年輕人在美國各種不同的事情，它尤其強調年青難民所可能遭遇的困難。本書的用意不是恐嚇或使你感到氣餒，它是告訴你所可能發生的困難，讓你事前有所準備。做一位年青人已不容易，做為一位難民青年更不容易。在你前面有各種的困難，但在你的生活裏也有很多人—家人、朋友、擔保人、學校裏的朋友和你的難民安置中心—他們都關心你，但靠他們的能力來幫助你。由於你自己的努力他們的幫忙，你將有光明的前途。

This book has discussed various aspects of being a young person in America, at times emphasizing some of the problems you may face. It has not been intended to scare or discourage you, but to warn of problems that may develop in the hope of helping you to be better prepared for them. To be a young person is not easy; to be a refugee is definitely not easy.

You have a difficult task ahead of you, but you also have many people in your life--family, friends, sponsors, people at school and your resettlement agency--who are concerned and will help you any way they can. With your efforts and with their help, your future can be very successful.

4.本中心（應用語學中心）是一個全國性的機構，它編印這本書和「在美國定居」，能夠提供各種資料和印刷書籍，本中心有工作人員能說華語和其他主要印支語言。本中心免費長途電話號碼是（800）424－3701或（800）424－3750。

出版刊物

1〃在美國定居〃可由應用語學中心取得。

2〃生活的實態〃可從美國紅十字會取得，地址是華盛頓特區西北區17.街和〃 D 〃街的交口，郵遞區號 20006，英文地址是 American Red Cross
17th and D Street, N.W.
Washington, D.C. 20006
售價為六元八角。

3〃和美國家庭居住〃可從（ORR ）難民定居處取得，地址是華盛頓特區西南區〃 C 〃街３３０號，郵遞區號２０２０１，英文地址：ORR, Department of Health & Human Services, 330 C St., S.W., Washington, D.C. 20201.

4〃節育和性病方面的資料〃

5〃如何利用信用〃

6.陳德心作的〃壓力〃可由應用語學中心取得。

何處可尋得協助

1.華僑互助會是由一群難民所組成的團體，以互相協助社會和教育上的需求。他們提供機會給互相僑胞見面和聚會，並協助難民找房子，做翻譯等各方面的工作。

2.你學校裏的輔導員和老師不僅能幫助你解決學校裏的問題，而且也能幫助解決各方面的問題，他們對你得到社區裏的各種資料尤其有幫助。

3.不同的社會服務機構，尤其難民安置中心，可以幫助你解決各種問題。志願機構的工作人員可幫助你決定那一個機構可以解決你的需要。

Where to Get Help

1. Mutual Assistance Associations are groups of refugees who have formed organization to help each other with social and educational needs. They offer opportunities to meet other people and sometimes can give specific kinds of help such as assistance in looking for jobs, interpreting, etc.

2. Your school counselor or a teacher can help you not only with problems regarding school but in other ways as well. They can be particularly helpful in getting information about some of the resources in your community.

3. Various social service agencies, such as your resettlement agency, can help with a variety of problems. Your voluntary agency worker can help you determine which agency might be best for your needs.

4. The Language and Orientation Resource Center, the national organization that wrote this book and *Your New Life in the United States*, can offer specific information and written materials on a number of subjects. LORC has staff members that speak your language. The phone number is (800) 424-3701/3750; long distance calls to this number are free. If you are calling from Washington, D.C., the phone number is (202) 298-9292.

Publications

1. *Your New Life in the United States*, available from LORC.

2. American Red Cross: *Facts for Life*, available from American Red Cross, 17th and D Street., NW; Washington, DC 20006. $6.80.

3. *Living with An American Family*, available from Office of Refugee Resettlement, Department of Health and Human Services, 330C St., S.W., Washington, DC 20201.